



Typhoid Vaccine

Oral

What You Need to Know

Deployment Medication Information Sheets (DMIS) are provided by the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM). Written for soldiers and their families, they provide basic information on deployment medications that are intended as guidance only; consult your health care provider for more information.

What is typhoid fever?

Typhoid fever is a disease of the intestines caused by *Salmonella typhi* bacteria. Symptoms of typhoid fever include high fever, weakness, stomach pains, headache, loss of appetite, and a rash of flat, rose-colored spots.

How do you get typhoid fever?

You get typhoid fever by eating food or drinking water contaminated with *Salmonella typhi* bacteria.

Who should get the vaccine and how is it given?

- If you are traveling to a country where typhoid is common, you should consider being vaccinated against typhoid. Talk to your health care provider about your vaccination options.
- Take the vaccine by mouth as directed, usually one capsule every other day for four doses.
- Swallow the capsule whole with a cold or lukewarm drink 1 hour before a meal.
- Swallow the capsule as soon as possible after it is placed in your mouth.
- Do not chew it or take it with warm or hot liquid.
- Replace any broken or cracked capsules.

Complete your vaccination at least 1 week before you travel so that the vaccine has time to take effect. The vaccine is about 70% effective in preventing typhoid fever, depending on the degree of exposure.

What does the military require?

The either the oral or injectable typhoid vaccine is required for alert forces during deployment or travel to typhoid endemic areas and other areas with poor sanitation.

Are there any side effects?

- Nausea, diarrhea, skin rash, headache, or mild fever may occur. Call your health care provider if these symptoms continue or become bothersome.

- Report breathing or swallowing difficulty, itching, swelling of face or eyes, or sudden and severe tiredness to your health care provider.

Is there any reason I shouldn't get the vaccine?

- Tell your health care provider if you have any illnesses, infections, or allergies.
- Tell your health care provider if you're taking any over-the-counter or prescription medicine, especially steroids or prednisone, cancer drugs, sulfa drugs, other antibiotics, or other vaccines.
- If the cholera vaccine is given at the same time, you may have adverse side effects.

What if I'm pregnant or breast-feeding?

- The vaccine should be given during pregnancy only when clearly needed. Talk to your health care provider about the risks and benefits.
- It is not known if the vaccine appears in breast milk. Consult your health care provider before breast-feeding.

What should I do if I miss a dose?

If you miss a dose for any reason, get the missed dose as soon as possible and then continue the dosing schedule. Do NOT re-start the vaccination series.

You *can* avoid getting typhoid fever!

- Keep capsules refrigerated at all times (keep away from heat and light and do not store them in the bathroom).
- Practice good hand washing and proper personal hygiene.
- Properly prepare and store foods.
- Use only Veterinary or Preventive Medicine-approved foods, beverages, or water.

Be sure the vaccination is recorded in your medical record.

Where can I get more information?

- Health care provider at your military treatment facility.
- Military Immunizations web page: www.tricare.osd.mil/immunization/vaccines.html
- CDC Specific Disease web site: www.cdc.gov/health/diseases.htm
- See other Deployment Medication Information Sheets (DMIS):
-- Typhoid Vaccine, Injectable

DMIS Provided by:

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